



Nutrition Tips for Improving Well-Being

Nutrition is an important part of your care even if you choose not to have further treatment. Even if you are unable to eat much as much as you use to, eating regularly can help you feel stronger and have more energy.

- ◆ Try to have small, frequent, and easy-to-eat meals and snacks throughout the day. Focus on foods that require little handling, preparation, or effort to eat.
- ◆ If meats are too difficult to eat or don't taste good, try chopped or ground meats mixed with a sauce in a casserole.
- ◆ Include fruits and juices with your meals. These are usually easy to eat and may perk up your taste for other foods.
- ◆ Allow friends and family to prepare meals for you. Don't hesitate to accept their offers of help with shopping and meal preparation. Be sure to tell them if there are certain foods you can't eat very well or don't like.
- ◆ Take advantage of the times you feel well. Breakfast is often the best meal of the day for many people.
- ◆ If you are physically able, try to increase your activity level.
- ◆ Keep commercially prepared liquid nutritional supplements on hand if you have days when you just don't feel like eating.

Concerns to Tell Your Doctor

- ◆ Tell your doctor if you are having problems with pain, diarrhea, nausea, or vomiting. Medications can be prescribed to help you feel better and lessen your symptoms.
- ◆ If constipation is a concern, check with your doctor about following a daily bowel care program including the use of stool softeners or laxatives. In addition, try adding 1 or 2 tablespoons of wheat bran to your food, or drinking warm prune juice three or four times a day. Constipation can often contribute to a poor appetite.
- ◆ Sometimes an appetite stimulant can be helpful. Talk to your doctor about whether one could help you.



Recipes Recipes Recipes

Lemon Sherbet

1½ cups sugar
⅓ cup lemon juice
Grated rind of 1 lemon
2 cups whole milk

Mix sugar, juice, and rind in an electric mixer or blender at high speed for about 2 minutes. Slowly add milk. Pour into a freezer tray and freeze. Cut into bite-size pieces to serve.

Makes six servings. Each serving contains 230 calories and 3 grams protein.

Cheesy Baked Potato

Medium baking potato
2 tbsp grated cheese

Bake potato in 350°F oven for about 60 minutes or until soft. Sprinkle with grated cheese and, if desired, top with margarine, butter, sour cream, yogurt, or cottage cheese.

High-Protein Milkshake

1 to 2 scoops ice cream
3 tablespoons powdered milk
¼ cup whole milk
Flavoring as desired

Mix in blender.

Makes one serving. Each serving contains 375 to 450 calories and 12 to 15 grams protein, depending on brand and amount of ice cream.

Sherbet Shake

1 to 2 scoops sherbet
¼ cup egg substitute
¼ cup juice

Mix in blender.

Makes one serving. Each serving contains 150 to 300 calories and 10 to 12 grams protein, depending on amount of sherbet and type of juice.